

MEMO



Thunder Bay Regional
Health Sciences
Centre

Thunder Bay Regional
Health Research
Institute

To: TBRHSC Senior Leadership, Directors, Managers & Operations Coordinators

From: Shawn Seagris
Manager, CAMHU, Ambulatory Mental Health, AMCS & Inpatient Social Work

Date: August 21, 2026

RE: Welcome to CAMHU – Dr. Alexandra Dawson, C.Psych.

We are pleased to announce that Dr. Alexandra Dawson will be joining the Child and Adolescent Mental Health Unit (CAMHU) as our Psychologist, effective September 14, 2026.

Dr. Dawson's arrival represents an important milestone for CAMHU, marking the return of dedicated psychology services to our inpatient child and adolescent mental health program after many years without a psychologist. This role further strengthens CAMHU's interdisciplinary model of care and our ability to provide comprehensive, evidence-informed services to children, youth, and families across Northwestern Ontario.

Dr. Dawson is a Registered Psychologist with the College of Psychologists of Ontario and brings extensive experience working with children, adolescents, and families with complex mental health and neurodevelopmental presentations. Her expertise includes psychological and differential assessment, diagnostic clarification, behavioural and emotional support planning, and evidence-based interventions including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), and trauma-informed approaches.

Most recently, Dr. Dawson has worked as a Psychologist with Child and Adolescent Psychiatry Services at St. Joseph's Care Group, providing psychological assessment, consultation, treatment, and collaborative care planning for children and youth. Her work has included collaboration with families, schools, community providers, nursing, social work, and psychiatry to support continuity of care for youth with complex mental health needs.

Dr. Dawson also brings a strong background in research, education, clinical supervision, and program development. She holds a PhD in Clinical Psychology from Lakehead University and has academic appointments with NOSM University and Lakehead University. Her research has focused on child and adolescent mental health, Indigenous health and wellbeing, and improving services for children and youth in Northern and rural communities.

We are very excited to welcome Dr. Dawson to TBRHSC and CAMHU. Her experience and expertise will be a tremendous addition to our team and, most importantly, to the children, youth, and families we serve.

Please join us in welcoming Alex to the team when she begins on September 14th.

Shawn Seagris, RN, MN, BScN

Manager, Child & Adolescent Mental Health, Ambulatory Mental Health, Addiction Medicine Consult Service & Inpatient Social Work

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